

## CV

### دکتر شمیم صحرانورد

آدرس: تهران، دانشگاه علوم پزشکی شهید بهشتی، دانشکده طب سنتی، گروه داروسازی سنتی، تلفن: ۸۸۷۷۳۵۲۵  
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مرتبه علمی: دانشیار

زبان: فارسی، انگلیسی، آلمانی

### سوابق تحصیلی

۲۰۰۵: دکترای حرفه ای داروسازی، دانشکده داروسازی دانشگاه علوم پزشکی شهید بهشتی  
۲۰۰۵-۲۰۱۰: PhD فارماکونوزی، دانشکده داروسازی دانشگاه علوم پزشکی شهید بهشتی  
۲۰۰۹: دوره تحقیقاتی گروه فارماکونوزی، دانشکده داروسازی دانشگاه Freie Universitaet برلین، آلمان

### اشتغال به کار

۲۰۱۱- تاکنون: هیأت علمی گروه داروسازی سنتی دانشگاه علوم پزشکی شهید بهشتی  
۲۰۰۹-۲۰۱۰: تحقیق و توسعه داروسازی دینه ایران

### زمینه های تحقیقات

جداسازی (Bioassay guided fractionation) و خالص سازی ترکیبات طبیعی (NMR, HPLC, UV)  
کشت سلول سرطانی و بررسی مکانیسم های مرگ سلولی توسط گیاهان دارویی  
بررسی اثرات فارماکولوژیک گیاهان دارویی  
فرمولاسیون فراورده های طبیعی

### داوری علمی مجلات

Iranian Journal of Pharmaceutical sciences (IJPR)  
Chinese Journal of Integrative Medicine (CJIM)  
Journal of diabetes & metabolic disorders

Pharmaceutical Biology  
Journal of Herbal Medicine (HERBME)

- 1) Farhadnejad Hossein, Hedayati Mehdi, **Sahranavard Shamim**, Jahromi Mitra Kazemi, Asghari Golaleh, Teymoori Farshad, Mirmiran, Parvin, Azizi, Fereidoun. Effect of dried Ziziphus Jujuba Consumption on Plasma Insulin, Blood Pressure, Oxidative Stress, and Advanced Glycation End Products in Diabetic Patients with Excess Weight: A Randomized Controlled Trial. International Journal of Preventive Medicine. 2025 16:49
- 2) Seyedali Hashemi, Elnaz Ghorbani, Marjan Talebi, Mona Khoramjouy, Noushin Nikray, Babak Gholamine, **Shamim Sahranavard**, Mehrdad Faizi. Study of Antidepressant, Anxiolytic, Sedative-hypnotic, and Anticonvulsant Activities of *Haplophyllum acutifolium* (DC.) G. Don Aqueous Extract in Mice. : Traditional and Integrative Medicine. 2025, 10(2).
- 3) Zeynab Khosrowpour, **Shamim Sahranavard**, Fatemeh Jafari, Mojgan Tansaz, Shirin Fahimi, Mehrdad Faizi. Ameliorative effects of Sesamum Indicum aqueous extract on Letrozole-induced polycystic ovary syndrome in adult female rats and formulation of sesame syrup. Journal of Traditional and Complementary Medicine. 2025, 15(4):369-379.
- 4) Mahsa Hatami Shandi, **Shamim Sahranavard\***, Fereshteh Bagheri, Zahra Shahsavari, Siamak Salami. : Investigating the Effects of *Dorema hyrcanum* Root Extracts on Selective Induction of Programmed Cell Death in Glioblastoma, Ovarian Cancer and Breast Cancer Cell Lines. Anti-Cancer Agents in Medicinal Chemistry, 2024;24(10):789-797.
- 5) Bagheri Fereshteh, Salami, Siamak, Shahsavari Zahra, Hatami Mahsa, **Sahranavard Shami m\***, *Bryonia aspera* Root Extracts Induce Programmed Cell Death in Selected Cell Lines of Glioblastoma, Ovarian, and Breast Cancer, Journal of Food Biochemistry. 2024, 2217335, 10 pages, 202.
- 6) Salehi F, Jannesari Sh, Nasiri M, **Sahranavard S**. Comparing the Effect of “Ginger-Lavender Capsule” and “Mefenamic Acid” on Postpartum Pain. Journal of Babol University of Medical Sciences. 2024; 26(1).
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- 8) Saeedeh Ghafaria , **Shamim Sahranavard**, Parisa Sarkhailc , Behnaz keramatian. Tyrosinase Inhibitory Activity of Selected Plants Based on Iranian Traditional Medicine. International Pharmacy Acta. 2022, 5(1): 1-5.
- 9) Rezvan Kheiri, Padideh Janati Ataei, **Shamim Sahranavard**, Maliheh Nasiri, Nazila Najdi. The **effect of Salvia hydrangea and mefenamic acid on postpartum pain; randomized clinical trial**. Iranian Journal of Obstetrics, Gynecology and Infertility. 2021, 24(11).fa 70-78.
- 10) Zeynab Khosrowpour, Shirin Fahimi, Fateme Jafari, Mojgan Tansaz, **Shamim Sahranavard**, Mehrdad Faizi. **Beneficial effects of Teucrium polium hydroalcoholic extract on letrozole-induced polycystic ovary syndrome (PCOS) in rat model**. Obstetrics & Gynecology Science. 2022.
- 11) Zeynab Khosrowpour, Shirin Fahimi, Mehrdad Faizi, Zahra Shaaban, Mojgan Tansaz, **Shamim Sahranavard\***. **Evaluation of Formulated Herbal Syrup (Containing Fennel, Anise, and Celery) on the Letrozole-Induced Polycystic Ovary Syndrome Model**. Jundishapur Journal of Natural Pharmaceutical Products. 2022; 17(2).

- 12) Sharareh Jannesari, Shadi Ahmadi, Malihe Nasiri, **Shamim Sahranavard**. **Comparison of the Effect of "Ginger-Lavender" Capsule "Ginger" and " Mefenamic Acid" Capsules on the Severity of Primary Dysmenorrhea**. Journal of Midwifery and Reproductive Health. 2022; 1-8.
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- 14) **Shamim Sahranavard**, Mona Khoramjouy, Mahsima Khakpash, Seyyed Ahmad Askari, Mehrdad Faizi, Mahmoud Mosaddegh. **Hydroethanolic extract of *Lavandula angustifolia* ameliorates vincristine-induced peripheral neuropathy in rats**. Research in Pharmaceutical Sciences. 2022. 17(3):265-273.
- 15) Hossein Farhadnejad, Golaleh Asghari, Mehdi Hedayati, **Shamim Sahranavard**, Farshad Teymoori, Parvin Mirmiran, Fereidoun Azizi. **Effect of *Ziziphus jujube* on cardiometabolic factors and systemic inflammation in type 2 diabetic patients: A randomized controlled trial**. Clinical Nutrition ESPEN. 2022.
- 16) Shadi Ahmadi, Sharareh Jannesari, Maliheh Nasiri, **Shamim Sahranavard**. **Comparative study of the effect of" Ginger-Lavender" capsule with" Mefenamic Acid"** on the severity of primary dysmenorrhea: A randomized clinical trial. The Iranian Journal of Obstetrics, Gynecology and Infertility. 2022. 24:56-66.
- 17) Hamed Parsa Khankandi, **Shamim Sahranavard**, Luca Rastrelli, Seyed Mohammad Nabavi, Sahar Behzad. Study on constituents of *Scutellaria nepetifolia* as a potent source of phytochemicals with NO inhibitory effect. Natural Product Research. 2022. 1-5.
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- 19) Mona Khoramjouy , Maede Manaee, **shamim sahranavard**, Mehrdad Faizi. Sedative-Hypnotic Effects of Different Extracts and Fractions of *Capparis Spinosa* L. in Mice. International Pharmacy Acta. 2021.4(1):1-6 .
- 20) **Shamim Sahranavard**, Seyed Alireza Esmaeili, Astireh Salehi, Vahid Bagheri Selectively targeting cancer stem cells: current and novel therapeutic strategies and approaches in the effective eradication of cancer. IUBMB life. 2021.
- 21) Mina Davari, Reza Hashemi, Parvin Mirmiran, Mehdi Hedayati, **Shamim Sahranavard**, Shohreh Bahreini, Rahele Tavakoly, Behrouz Talaei. Effects of cinnamon supplementation on expression of systemic inflammation factors, NF-kB and Sirtuin-1 (SIRT1) in type 2 diabetes: a randomized, double blind, and controlled clinical trial. Nutritional Journal. 2020,1:1-8.
- 22) Parvin Mirmiran, Mina Davari, Reza Hashemi, Mehdi Hedayati, **Shamim Sahranavard**, Shohreh Bahreini, Rahele Tavakoly, Behrouz Talaei. A randomized controlled trial to determining the effect of cinnamon on the plasma levels of soluble forms of vascular adhesion molecules in type 2 diabetes mellitus. European journal of clinical nutrition. 2019. 73:1605–1612.

- 23) Seyedeh Fatemeh Dalil Heirati, Roya KaboudMehri, Faraz Mojab, **Shamim Sahranavard**, Maliheh Nasiri, Giti Ozgoli. Effect of *Vitex agnus-castus* plant on sexual function in women of reproductive age. *Gynecology and Infertility*.2020, 23 (4):62-74.
- 24) Maryam Ranjbar Ekbatan , **Shamim Sahranavard\***, Mona Khoramjouy , Babak Gholamine , Mehrdad Faizi. Evaluation of Anticonvulsant Effect of Aqueous and Methanolic Extracts of Seven *Inula* Species. *Iranian Journal of Pharmaceutical Research*. 2019, 18: 208-220.
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- 27) Fatemeh salehi moghaddam, Narjes Mirzaei, Giti Ozgoli, **Shamim sahranavard**, Erfan Ghasemi. Purslane (*Portulaca oleracea*) effect on heavy menstrual bleeding (menorrhagia) in Iranian women. *Advances in Integrative Medicine*. 2018.5(2):56-62.
- 28) A.S. Keyhanmehr, M Movahhed, **S. Sahranavard**, L. Gachkar, M Hamdieh, S. Afsharpaiman, H Nikfarjad. The effect of aromatherapy with *Rosa damascena* essential oil on sleep quality in children. *Research Journal of Pharmacognosy*. 2018, 5(1): 41-46.
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- 30) Zahra Bahaeddin, Asal Yans, Fariba Khodaghohi, **Shamim Sahranavard**. Dietary supplementation with *Allium hirtifolium* and/or *Astragalus hamosus* improved memory and reduced neuro-inflammation in the rat model of Alzheimer's disease. *Applied Physiology, Nutrition, and Metabolism*. 2017.
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- 32) Behrouz Talaei, Atieh Amouzegar, **Shamim Sahranavard**, Mehdi Hedayati, Parvin Mirmiran and Fereidoun Azizi. Effects of Cinnamon Consumption on Glycemic Indicators, Advanced Glycation End Products, and Antioxidant Status in Type 2 Diabetic Patients.. *Nutrients*. 2017, 9(9).
- 33) A S. Keyhanmehr, M Movahhed, **Shamim Sahranavard**, M Hamdieh, S Afsharpaiman, LGachkar, H Nikfarjad. Which Aroma In Iranian Traditional Medicine Is Effective On Sleep Disorders? 2017, *Galen Medical Journal* 6 (1), 3-11.
- 34) M Nikkhajoei, Rasool Choopani, M Tansaz, G Heydarirad, F Hashem-Dabaghian, **Shamim Sahranavard**, M Saberifiroozi. Herbal medicine used in treatment of nonalcoholic fatty liver disease: a review. *Journal of Studies on EthnoMedicine*. 2016, 3(1): 81-82.

- 35) M Nikkhajoei, Rasool Choopani, M Tansaz, F Hashem-Dabaghian, G Heydarirad, **Shamim. Sahranavard**, M Saberifiroozi. Efficacy of *Cichorium intybus* on Alanine Aminotransferase in Nonalcoholic Fatty Liver Disease: A Randomised Double-blind Clinical Trial with Placebo. Biological Forum – An International Journal. 2016, 8(1): 454-459.
- 36) P. Sarkhail, **Shamim. Sahranavard \***, M. Nikan, S. Gafari, B. Eslami-Tehrani. Evaluation of the cytotoxic activity of extracts from six species of *Phlomis* genus. Journal of Applied Pharmaceutical Science. 2017, 7 (02): 180-184.
- 37) Z Bahaeddin, A. Yans, F Khodaghali, **Shamim Sahranavard\***. Neuroprotection and anxiety like behavior reduction of *Allium hirtifolium* Boiss and *Astragalus hamosus* L. in the A $\beta$ -injected rat. Research Journal of Pharmacognosy. 2016 3(4): 63-72.
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- 49) **Shamim Sahranavard**, F. Naghibi, M. Mosaddegh, S. Esmaeili, P. Sarkail, M. Taghvaei, S. Ghafari. "Cytotoxic activities of selected medicinal plants from Iran and phytochemical. evaluation of the most potent extract". *Research in pharmaceutical sciences*, 2009, 4(2): 133-137.
- 50) S. Esmaeili, F. Naghibi, M. Mosaddegh, **Shamim Sahranavard**, S. Ghafari, A. Noor Rain, "Screening of antiplasmodial properties among some traditionally used Iranian plants", *Journal of Ethnopharmacology*, 2009, 121(3): 400-404.
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## کتاب ها

**Shamim Sahranavard**, M. Mosaddegh. Chapter 22: Herbal Medicines. 7<sup>th</sup> ed. Iranian National Formulary (INF). Iranian Food and Drug Administration. 2016.

Mahdi nejatian, **Shamim Sahranavard**, Nafiseh Alamolhodaei, Samira hazrati, Parastoo alizadeh, Faezeh Khorsha. Targeted and personalized cancer treatment. 2022

## پایان نامه ها

- 1) Formulation of an herbal syrup retrieved from Iranian traditional medicine and in vivo evaluation of its effect on polycystic ovarian syndrome. (PhD- 2021)
- 2) Effect of dry *ziziphus jujube* fruit on systemic inflammatory factors and serum fructosamine in diabetic patients with obesity and overweight. (PhD- 2020)
- 3) Effect of *Bryonia aspera* root extracts on the induction of programmed cell death in glioblastoma, ovarian and breast cancer cell lines. (MS- 2021)
- 4) Investigation of impacts of *Dorema hyrcanum* root extracts on the selective induction of programmed cell death in selected glioblastoma, ovarian and breast cancer cell line. (MS- 2021)
- 5) Comparing the Effect of "Ginger-Lavender" Capsule and "Mefenamic Acid" on Postpartum Pain in Women Referring to Valiasr Hospital in Fasa in 1400. (MS)
- 6) Comparison of the effect of `Ginger-Lavender` capsule and `Mefenamic Acid` capsule on the treatment of primary dysmenorrhea. (MS- 2021)
- 1) Study of some *Scutellaria* species on nitric oxide inhibitory effect and phytochemical investigation of most effective species. (PhD- 2020)
- 2) Studies of the anti-anxiety and anti-nociceptive effects of of *Marrubium astracanium* aqueous extract using animal models in mice. (Pharm.D- 2019)

- 3) Evaluation of in vitro anti- inflammatory effect of *Astragalus jolderensis* and *Convolvulus commutatus* through nitric oxide inhibition. (Pharm.D- 2019)
- 4) Evaluation of neuroprotective activity of *Salvia multicaulis* through nitric oxide inhibition. (Pharm.D- 2019)
- 5) Comparison the effect of *Salvia hydrangea* and Mefenamic acid capsules on postpartum pain. (MS- 2018)
- 6) Comparison the effect of *Portulaca oleracea* and Mefenamic acid capsule on the menstruation menorrhagia: a double blind placebo-controlled study. (MS- 2018)
- 7) Assessment of cinnamon effects on advanced glycation end products, plasma vascular and systematic inflammation factors, antioxidant status, NF-kB and Sirtuin1 activity in mononuclear cells in type 2 diabetic patients. (PhD- 2017)
- 8) Study of the effect of essential oil, extracts and some constituents of *Malva sylvestris* L aerial parts on the growth and ergosterol biosynthesis in pathogenic *Aspergillus* species and evaluation of their in vitro cytotoxicity. (Pharm.D- 2017)
- 9) Evaluation of anti-convulsant effect of aqueous and methanol extracts of three *Inula* specious. (Pharm.D- 2017)
- 10) Evaluation anti- inflammatory effect of hydroalcoholic extract of "*Haplophyllum acutifolium*" using carrageenan test in rats. (Pharm.D- 2016)
- 11) Phytochemical evaluation of dichloromethane extract of "*Primula auriculata*" aerial part. (Pharm.D- 2016)
- 12) Effect of Golghand (an Iranian traditional medicine product) on migraine headache. (PhD- 2015)
- 13) Evaluation anti- inflammatory effect of hydroalcoholic extract of "*Stachys turcomanica*" using carrageenan test in rats. (Pharm.D- 2015)
- 14) Evaluation of anti-apoptotic properties and neuro-inflammatory inhibition of some introduced introduced plants in Iranian traditional medicine in treatment of *Nisyan* (amnesia). (PhD- 2014)
- 15) The effect of the root of *Chicorium intybus* on ALT reduction in non-alcoholic fatty liver disease: a randomized double blind clinical trial. (PhD- 2014)
- 16) Comparrison of effect of aromatherapy with essential oil of "*Rosa damascene*" and placebo on the quality of childrens' sleep disorder. (PhD-2014 )
- 17) Evaluation of analgesic effects of some plants introduced in Iranian traditional medicine, using experimental model of knee osteoarthritis in rat and formulate a topical dosage of the effective plant. (PhD- 2013)

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